

0.		7
1.	Aloo Palak.....	7
2.	Gobi Manchurian	7
3.	Sindhi Saibhaji.....	8
4.	Shahi Paneer	9
5.	Potato in Curd Gravy	10
6.	Navratan Korma	11
7.	Malai Kofta	12
8.	Samosa.....	13
9.	Masala Vada	14
10.	Hot Kachori	15
11.	Spicy Sev	16
12.	Pear and Mango Chutney	17
13.	Green All-Purpose Chutney.....	17
14.	Sarson ka saag	18
15.	Sweet Pongal.....	19
16.	Ulundu vada	19
17.	Adai	19
18.	Dhaal vada	20
19.	Shrikhand.....	20
20.	Puranpoli	21
21.	Patisa (Soan Papdi).....	22
22.	Coconut Burfi	22
23.	Imarti.....	23
24.	Kaju Barfi	24
25.	Khajur Burfi or Rolls	24
26.	Kalakand (Milk Burfi).....	24
27.	Badam ka seera.....	25
28.	Carrot Halwa	25
29.	Doodhi Halwa	26
30.	Chickoo Halwa	26
31.	Dal ka seera.....	26
32.	Atte ka seera	27
33.	Beetroot Halwa.....	27
34.	Rava (Semolina) Ladoo	28
35.	Rossogolla	28
36.	Pedhas	29
37.	Mava Burfi.....	29
38.	Malai Ladoo.....	30
39.	Gulab Jamoon.....	30
40.	Sweet Kachori.....	31
41.	Spicy Khaja.....	32
42.	Shankarpala	33
43.	Mitha Khaja	33
44.	Karanjia	34
45.	Boondi.....	35
46.	Sada (Plain) Dosa.....	35
47.	Rava Dosa.....	36
48.	Mixed Dal Dosas	36
49.	Masala Dosa.....	37
50.	Chutney spread:.....	38
51.	Channa Bhatura	38
52.	Pav Bhaji.....	40
53.	Vegetable Pie	40
54.	Poha	41
55.	Bhel.....	42
56.	Tandoori Roti (without Tandoor).....	43
57.	Naan.....	43
58.	Spicy Roti.....	43

59.	Baked Bread Rolls	44
60.	Simple Potato Cake	44
61.	Mix Veg Curry	45
62.	Palak Paneer.....	46
63.	Mysore Pak (South Indian Dish).....	46
64.	Cabbage Kofta Curry	47
65.	Pineapple Gojju	47
66.	Tur Dal Kofta.....	48
67.	Tikha Baigan Masala.....	49
68.	Vaangi Baath (Brinjal Rice).....	49
69.	Bread Besan Bajji	50
70.	Vegetable Cutlet.....	50
71.	Kesar Pista Kulfi	51
72.	Apple, Banana & Carrot Halwa (ABC Halwa).....	51
73.	Avial (Mixed Vegetables With Sauce).....	53
74.	Milagu Kuzhambu	54
75.	Paruppu Thogaiyal.....	54
76.	Erissery (Maya Nair)	54
77.	Vella Appam (PK John).....	55
78.	Poricha Koottu.....	55
79.	Aviyal.....	55
80.	Tamarind pickle (Pulikkachal)	55
81.	7-cup sweet.....	56
82.	VenPongal.....	56
83.	Lime pickle	56
84.	Ginger Pickle	56
85.	Coriander-tomato chutney	56
86.	Paruppu podi.....	57
87.	Curd Vadai	57
88.	Vegetable Cutlet.....	57
89.	Rasam Powder.....	57
90.	Sambar powder.....	58
91.	Bonda with mashed potato	58
92.	Dahi Vada (Savory Balls In Yogurt).....	58
93.	VEGETABLE Kurma	59
94.	More Kozhambhu.....	59
95.	Lemon Pickle.....	60
96.	Ras Malai	60
97.	Pulikacchal.....	61
98.	Gotsu	61
99.	Katirikka Rasavangi.....	62
100.	Pitlai.....	62
101.	Erucheri	63
102.	Venn pongal.....	63
103.	Badusha	64
104.	Dum Alu.....	64
105.	Haaq.....	64
106.	Simla mirch sabzi.....	65
107.	Tomato Chutney	65
108.	Mint Chutney	65
109.	Coconut Chutney	66
110.	Coriander Chutney	66
111.	Moolangi Chutney	66
112.	Pinapple Gojju	67
113.		68
114.	Bittergourd Gojju	68
115.	Bhindi Gojju	68
116.	Sweet Mango Chutney	69
117.	Hot Mango Chutney.....	69

118.	Puli Inji.....	70
119.	Mango Pachadi	71
120.	Gobi Manchurian	71
121.	Vegetable Pulao	72
122.	Peas Pulao	73
123.	Vaangi Baath	73
124.	Bisi Bela Huli Anna Powder.....	74
125.	Bisi Bela Huli Anna	74
126.	Puliyogare Mix.....	75
127.	Puliyogare	76
128.	Cabbage Upkari.....	76
129.	Aloo Dum.....	77
130.	Avial	77
131.	Bharva Bhindi.....	78
132.	Bharwa Bhaingan.....	78
133.	Bhaingan Bhartha.....	79
134.	Malai Kofta.....	80
135.	Home-made Paneer.....	81
136.	Rasmalai.....	81
137.	Coconut Laddoo	82
138.	Kaju Bharfi.....	82
139.	Sweet Pongal.....	82
140.	Rava Laddoo	83
141.	Kalakand.....	83
142.	Mango Shrikand	84
143.	Hot and Sour Tomato Pickle	84
144.	Rasam Powder.....	85
145.	Garam Masala Powder.....	85
146.	Tandoori Masala Powder.....	85
147.	Pepper Rasam.....	86
148.	Morkhozumbu.....	86
149.	Pitla	87
150.	Majjige Huli	87
151.	Dhal Makhani.....	88
152.	Dhokla	89
153.	Medu Vada	89
154.	Tomato Soup.....	90
155.	Pudina Paratha	90
156.	Lemon and Chilli pickle	91
157.	Mango pickle	91
158.		92
159.	Rasmalai.....	92
160.	Jalebi.....	93
161.	Basoondi.....	93
162.	Sweet pongal.....	94
163.	Dal payasam.....	94
164.	Kozhukkattai.....	94
165.	Poli	94
166.	Somaasi.....	94
167.	Baadhusa	95
168.	Ribbon Murukku	95
169.	Omappodi.....	95
170.	Seedai	95
171.	Thattai	95
172.	Thenkuzhal	96
173.	Motichoor Ladoo.....	96
174.	Kozhakattai.....	97
175.	Brinjal Curry.....	97
176.	Green Pulao.....	98

177.	Baigan fry Recipe.....	98
178.	Kozukkattai (Stuffed Rice Balls).....	99
179.	Onion Rice	99
180.	Aratikaaya Masala Pulusu (Spiced Raw Banana Curry).....	100
181.	Pulihora (Tamarind Rice).....	101
182.	Masala Vada	102
183.	Ravva Dosa	103
184.	Bhakar Wadi.....	103
185.	Aloo Gobhi Methi Ka Tuk.....	104
186.	Khatti Arvi Ka Saalan	104
187.	Dum Ka Karela	105
188.	Dum Gobhi.....	106
189.	Garam Masala	107
190.	Kalagoora Pulusu (Mixed Vegetables with Fenugreek Seeds).....	107
191.	Sarkarai Pongal.....	108
192.	Malai Kofta	108
193.	Vegetable Jhalfrazie	109
194.	Navaratna Curry	109
195.	Vegetable Kofta	110
196.	Rasmalai.....	111
197.	Sweet Shakarpara (Diamonds).....	111
198.	Besan Ladoo.....	111
199.	Cashewnut Barfi.....	112
200.	Dryfruit Halwa.....	112
201.	Dal Payasam	113
202.	Red Beet Paratha	113
203.	Green Onion Bhurji.....	113
204.	Mysore Bonda	114
205.	Dahi Wada	115
206.	Rasmalai.....	116
207.	Instant Dhokla.....	116
208.	Matar Palak.....	117
209.	Aloo Mutter.....	118
210.	Venn Pongal	118
211.	Tamilian Kurma	119
212.	Vegetable Korma	119
213.	Mixed Vegetable Kofta in Tomato Curry	120
214.	Chakali.....	121
215.	Moong Soup With Paneer	121
216.	Healthy Tomato soup	122
217.	Corn Soup with Vegetables.....	122
218.	Green Peas Skin Soup	123
219.	Hara Nariel Ka Shorba.....	123
220.	Lentil and Vegetable Broth.....	123
221.	Letil Soup.....	124
222.	Tum Yum Soup.....	124
223.	Sweet Corn Soup	125
224.	RAJMA CURRY	125
225.	MALAI KOFTA CURRY.....	126
226.	Cheesy Sweet Jamuns	127
227.	Kofta Lajawab.....	128
228.	Beetroot Parathas	128
229.	Badshahi Baigan	129
230.	Red Tomato Gravy.....	129
231.	Green Gravy	130
232.	White Gravy	131
233.	Brown Gravy.....	131
234.	Besan Burfi	132
235.	Raabdi.....	132

236.	Ras Malai	133
237.	Rasagulla.....	133
238.	Dum Arvi.....	134
239.	Dum Aloo	134
240.	Matar Paneer	134
241.	Bhindi Masala	135
242.	Vegetable Jalfrsie	135
243.	Rasam Masala	136
244.	Mangalore Rasam Powder.....	137
245.	Mangalore Rasam.....	138
246.	Sambar.....	140
247.	Cauliflower Curry	141
248.	Sambar Masala.....	141
249.	Vada	142
250.	Didir Onion Rava Dosa.....	142
251.	Didir Dosa.....	143
252.	Dosai.....	143
253.	Basic Curry Sauce.....	143
254.	Biryani.....	144
255.	Double Ka Meetha (Bread Pudding)	145
256.	Indian Cream of Tomato Soup	145
257.	Kadhi	146
258.	Bengan ka bhurta.....	146
259.	Halwa	146
260.	Toll House Pan Cookie	146
261.	Rasavangi	147
262.	Stuffed Brinjal Curry.....	147
263.	Maida Bonda.....	147
264.	Rava Bonda	147
265.	Palak Paneer.....	147
266.	Coconut Milk Pulav.....	147
267.	Tomato pickle	148
268.	Lime pickle	148
269.	Ginger Pickle	148
270.	Tamarind pickle (Pulikkachal)	148
271.	Maavadu (Tender mango pickle).....	148
272.	Aavakkai (Mango pickle).....	148
273.	Gonkura Thokku	148
274.	Curd Vadai.....	148
275.	Cabbage Vadai.....	149
276.	Urud Vadai (Medhu vadai).....	149
277.	Dal Vadai (Aama vadai)	149
278.	Mangalore bonda	149
279.	Rawa Kichadi.....	149
280.	Rice Uppuma	149
281.	Aval uppuma	149
282.	VenPongal.....	149
283.	Sevai (Idiyappam)	150
284.	Morkkali.....	150
285.	Masala Dosai.....	150
286.	Uthappam.....	150
287.	Maida dosai.....	150
288.	Rava dosai.....	151
289.	Laddu.....	151
290.	Rava laddu (Ravaalaadu).....	151
291.	Sakkarai Pongal.....	151
292.	Jilebi.....	151
293.	Kozhukkattai.....	151
294.	Poli	152

295.	Somaasi.....	152
296.	Panchamritham (fruit salad).....	152
297.	Milk Appam.....	152
298.	Sweet Puttu.....	152
299.	Paanagam.....	152
300.	Sweet Adai.....	152
301.	Chole.....	152
302.	Palak Paneer.....	153
303.	Oatmeal Raisin Cookie	153
304.	Kunuku	154
305.	Cashew Kunuku	154
306.	Vermicilli Masala Vadai.....	154
307.	Medhu Vadai.....	154
308.	Madhur Vadai.....	155
309.	Spinach Vadai.....	155
310.	Kara Vadai.....	155
311.	Potato Bhonda	155
312.	Bhonda	155
313.	Thukada	155
314.	Idli	156
315.	Kanjeepuram Idli.....	156
316.	Aval Dosai.....	156
317.	Vella (Jaggery) Dosai.....	156
318.	Rava Dosai.....	156
319.	Ordinary Adai.....	156
320.	Thaval Adai.....	157
321.	Peseret.....	157
322.	Tamarind Uppma	157
323.	Moor Kali	157
324.	Eggplant Gotsu.....	157
325.	Eggplant Podi Curry	157
326.	Plantain Puli Curry	158
327.	Plantain Curry	158
328.	Vazai Thandu Curry	158
329.	Potato Podimas	158
330.	Venn Pongal	158
331.	Badam Kheer	159
332.	Paal Poori (Sweet Poori).....	159

0.

1. Aloo Palak

Ingredients

3 cups chopped spinach
2 large onions chopped fine
2 large potatoes boiled and peeled
1 tomato grated
2 green chillies
1" piece ginger
1 tsp. lemon juice
1/2 tsp. wheat or other flour
1 tsp. red chilli powder
1 tsp. cinnamon-clove powder
1/4 tsp. turmeric powder
1/2 tsp cumin seeds
2 pinches asafoetida
1/2 tsp. garam masala
1/2 tbsp. butter
4 tbsp. ghee
salt to taste

METHOD:

Put the washed spinach in a pan, add very little water (just a sprinkle) and a pinch of salt. Cover and boil over a high flame for 2 minutes. Cool quickly, or hold under running water in a colander. Put in a mixer, add green chilli and run for a minute. Keep slightly coarse, do not make very smooth. Keep aside.

Cut the potatoes into big pieces. Heat ghee and fry potatoes till light brown.

Drain the potatoes, keep aside.

In the same hot ghee add the cumin seeds.

Add the ginger, onions and fry till very tender.

Add the tomato and further fry for two minutes.

Add all the dry masalas and fry till ghee separates.

Add spinach and potatoes.

When it resumes a boil sprinkle the flour and stir well. Boil for 2-3 minutes. Add lemon juice

Just before serving heat butter in a tiny saucepan and add the asafoetida.

Pour over the vegetable and mix gently.

Serve hot with naan or parathas or even rice.

Note: You may use boiled peas, boiled corn kernels or paneer chunks in the above dish, instead of potatoes.

Making time: 45 minutes

Makes for: 6

Shelf life: Best fresh

2. Gobi Manchurian

INGREDIENTS:

1 medium. cauliflower clean and broken into big florettes.
 1 small bunch spring onoin finely chopped
 2 tsp. ginger finely chopped
 1 tsp. garlic finely chopped
 1/4 cup plain flour
 3 tbsp. cornflour
 1/4 tsp. red chilli powder
 2 red chillies, dry
 3 tbsp. oil
 1 1/2 cups water
 1 tbsp. milk

METHOD:

Boil the florettes for 3-4 minutes in plenty of water, to which a tbsp. of milk has been added.
 Drain and pat dry on a clean cloth.
 Make thin batter out of flour and 2 tbsp.cornflour, adding 1/4 tsp. each of ginger and garlic and red chilli powder and salt to taste.
 Dip the florettes in the batter one by one and deep fry in hot oil. Keep aside.

In the remaining oil, add remaining ginger, garlic and crushed red chilli and fry for a minute.
 Add the salt and spring onions.
 Stir fry for a minute. Add 1 1/2 cups water and bring to a boil.
 Add 1 tbsp. cornflour to 1/4 cup water and dissolve well.
 Gradually add to the gravy and stir continuously till it resumes boiling.
 Boil till the gravy becomes transparent. Add florettes and soya sauce.
 Boil for two more minutes and remove.
 Serve hot with noodles or rice.

Variations:

Dry manchurian can be made by omitting the gravy.
 Make florettes as above and instead of adding water as above, add fried florettes, spring onions and soya ce at this stage.
 Sprinkle 1 tsp. cornflour on the florettes and stirfry for 2 minutes.
 Serve piping hot with toothpicks or miniforks and chilligarlic sauce or tomato sauce.
 Same procedure for veg. manchurian (with gravy or dry), but instead of using only cauliflower, use finely chopped minced vegetables and
 bind with some cornflour or bread crumbs and make small lumps the size of a pingpong ball.
 Fry as above and proceed as above.

Making time: 45 minutes
 Makes for: 6
 Shelf life: Best fresh

3. **Sindhi Saibhaji**

Ingredients:

1 each - carrot, capsicum, onion, small cabbage,potato, brinjal, tomato, ladyfinger (okra)
 100 gms. french beans

1/2 bunch each spinach, coriander, khatta (3 leaved) greens.
 1/2 bunch any other leafy greens.
 1 cup green gram dal
 1/2 cup horsegram dal (channa dal)
 4-5 green chillies
 2-3 clovettes garlic
 1 tsp. red chilli powder
 1 tsp. dhania (coriander seed) powder
 1 tsp. salt
 1/2 tsp. turmeric
 3 tbsp. oil
 1/2 tbsp. ghee
 2 pinches asafoetida

METHOD:

Clean and wash dals.
 Clean, wash and chop spinach and vegetables except tomato.
 Heat oil in a pressure cooker, add all the vegetables, spinach and dals.
 Mix well, add enough water to cover the contents.

Add all masalas and mix.
 Place whole tomato on top, cover and pressurecook for 3 whistles.
 Cool the cooker, open and handblend the contents.
 Heat 1/2 tbsp. ghee add a pinch of asafoetida add to the mashed vegetable.
 Serve hot with paratha or steamed rice

Making time: 30 minutes (excluding cooling time)
 Makes for: 6
 Shelf life: Best fresh

4. **Shahi Paneer**

Ingredients:

250 gms. paneer (cottge cheese)
 3 tbsp. ghee or butter
 1 onion chopped into strips
 1/2" piece ginger chopped fine
 2 green chillies chopped fine
 4 tomatoes chopped fine
 2 cardamoms crushed

1/4 cup beaten curd
1/2 tsp. red chilli powder
1/2 tsp. garam masala
salt to taste
1/2 cup milk
2 tbsp. tomato sauce

To garnish:
2 tbsp. grated paneer
1 tbsp. chopped coriander

Method:

Chop the paneer into 2" fingers.
Heat half the ghee. Add onion, ginger, green chilli and cardamom. Fry for 3-4 minutes.
Add tomatoes and cook for 7-8 minutes, covered.
Add curd and cook for 5 minutes.
Add 1/2 cup water and cool.
Blend in a mixie till smooth.

Heat remaining ghee, add gravy and other ingredients except milk and paneer.
Boil to get a very thick gravy.
Just before serving, heat gravy, add milk and paneer fingers and boil for 3-4 minutes.
Garnish with chopped coriander and grated paneer.

Making time: 45 minutes.

Makes for: 6

Shelf life: best fresh.

5. Potato in Curd Gravy

Ingredients:

3 medium. potatoes boiled and peeled
1 cup curd or yogurt beaten
1 tsp. red chilli powder
1 tsp. salt
1/2 tsp. dhania powder
1/4 tsp. turmeric powder
1/4 tsp. garam masala
2 pinches asafoetida
1 stalk curry leaves

1 tbsp. coriander leaves chopped
 1 1/4 cup water
 1/2 tsp. each ginger, garlic grated
 2 green chillies slit
 1 tsp. each cumin, mustard seeds
 1/4 tsp. wheat flour
 1 tbsp. oil

Method:

Cut potatoes into big pieces. Mash 3-4 pieces fine with hand. Keep both aside.
 Mix all the dry masala in 1/4 cup water.
 Heat oil. Add the seeds (cumin and mustard). When they splutter, add ginger-garlic, chilli and curry leaves.
 Add the masala mixture and fry for 2 minutes.
 Add beaten curd and fry for 5 minutes or till the curd loses its whiteness. Stir continuously after adding curd.

 Add the remaining water and all the potato and flour. Stir well.
 Boil and simmer for 10 minutes or till gravy thickens
 Garnish with chopped coriander.
 Serve hot with thin wheat chappaties and rice.

Making time: 30 minutes.
 Makes for: 5
 Shelf life: Best fresh

6. **Navratan Korma**

Ingredients:

2 cups peas boiled
 1 large carrot chopped and boiled
 1/2 cup tomato sauce
 1/4 cup curd
 1/4 cup malai(cream)
 3 tbsp. butter
 1 small sweet lime
 1 small apple
 1 banana
 2 slices pineapple
 10-15 cashewnuts
 20 raisins
 2 glazed cherries for decoration
 1 tbsp. coriander chopped
 1 tbsp. ghee
 salt to taste

Dry Masala:
 1 tsp. cuminseeds
 2 tsp. khuskhus (poppyseeds)
 1 tsp. cardamoms

Wet Masala:
 1 large onion
 1/4 cup coconut shredded
 3 green chillies

Method:

Grind the dry and wet masalas separately.
 Chop all the fruit fine. Heat ghee and fry cashews, drain and keep aside.
 Add butter to ghee and heat, add the wet masala and fry for 2 minutes.
 Add the dry masala and salt and fry 2 more minutes.
 Add the carrots and peas, mix together curd and cream and add to gravy.

Allow to thicken a bit, add fruit, cashews and raisins and boil till the gravy is thick and the fat separates.

Garnish with grated cheese ,coriander and chopped cherries.
 Serve hot with naan, roti or paratha.

Making time: 45 minutes
 Makes for: 6
 Shelf life: Best fresh

7. **Malai Kofta**

Ingredients:

Gravy:
 125 gms. cream
 75 gms. khoya or paneer
 150 ml. milk
 50 gms. cashewnuts
 3 tsp. white pepper powder.
 2 1/2 tsp. sugar
 2 tsp. grated ginger
 1/4 tsp. nutmeg powder
 1/2 tsp. turmeric powder
 1 tsp. garlic crushed
 1" cinnamon
 6 cloves
 6 cardamoms
 salt to taste
 3 tbsp. ghee

Kofta:

50 gms. khoya

50 gms. paneer
 5 medium potatoes
 20 gms. cashewnuts
 20 gms. raisins
 4-5 green chillies chopped fine
 1/2 tsp. ginger grated
 1 tsp. coriander chopped
 1/2 tsp. cumin seeds
 salt to taste

Garnish:

1 tbsp. grated cheese or paneer
 1 tbsp. chopped coriander

Method:

Koftas
 Boil the potatoes, peel and smash them.
 Mix together all the ingredients except raisins and cashews.
 Take a ping-pong ball sized dough in hand.
 Flatten. Place 2-3 cashews and raisins in the centre and shape into a ball.
 Repeat for remaining dough. Keep aside.

Gravy:
 Roast the cinnamon, cardamom, nutmeg and cloves together.
 Dry grind and keep aside. Wet grind all the other ingredients, except ghee, to a paste.
 Heat ghee in a skillet, add powdered spices and fry for 2-3 seconds.
 Add paste and fry further for 5-7 minutes stirring well.
 Add 2 cups water and simmer on low for 15 minutes.
 Warm the koftas either in the oven or on the tava.
 Optional: You can deep fry the koftas also.
 To serve place warmkoftas in a casserole.
 Either pour boiling hot gravy on the koftas or pour and bake in hot oven of 5 minutes.
 Garnish with grated cheese and chopped coriander.
 Serve hot with naan or parathas.

Making time: 45 minutes.
 Makes: 10 koftas with gravy.
 Shelf life: Best fresh.

8. **Samosa**

Ingredients

For cover:
 1 cup plain flour (maida)
 2 tbsp. warm oil
 water to knead dough

For filling:
 2 potatoes large boiled, peeled, mashed
 1 onion finely chopped

2 green chillies crushed
 1/2 tsp. ginger crushed
 1/2 tsp. garlic crushed
 1 tbsp. coriander finely chopped
 1/2 lemon juice extracted
 1/2 tsp. turmeric powder
 1/2 tsp. garam masala
 1/2 tsp. coriander seeds cru shed
 1 tsp. red chilli powder
 salt to taste
 oil to deep fry

Method

For dough:
 Make well in the flour.
 Add oil, salt and little water.Mix well till crumbly.
 Add more water little by little, kneading into soft pliable dough.
 Cover with moist cloth, keep aside for 15-20 minutes.
 Beat dough on worksurface and knead again. Re-cover.

For filling:
 Heat 3 tbsp. oil, add ginger, green chilli, garlic, coriander seeds.
 Stir fry for a minute, add onion, saute till light brown.
 Add coriander, lemon, turmeric, salt, red chilli, garam masala.
 Stir fry for 2 minutes, add potatoes. Stir further 2 minutes.
 Cool. Keep aside.

To proceed:
 Make a thin 5" diam. round with some dough.
 Cut into two halves. Run a moist finger along diameter.
 Join and press together to make a cone.
 Place a tbsp. of filling in the cone and seal third side as above.
 Make five to six. Put in hot oil, deep fry on low to medium till light brown.
 Do not fry on high, or the samosas will turn out oily and soggy.
 Drain on rack or kitchen paper.
 Serve hot with green and tamarind chutneys (refer chutneys), or tomato sauce.

Making time: 45 minutes
 Makes: 20 pieces (approx.)
 Shelflife: Bestfresh

9. **Masala Vada**

Ingredients

1 cup yellow gram (chana) dak
 1/2 cup onion finely chopped
 1/2 cup coriander finely chopped
 1/2 cup dill leaves finely chopped
 3-4 green chillies finely chopped
 1/2 tsp.cumin seeds
 oil o deep fry

Method

Wash and soak dal for 3-4 hours.

Keep 2 tbsp. dal aside, grind the rest,coarsely.
 Mix all other ingredients, including whole dal.
 Add 2-3 tbsp. hot oil to the mixture.
 Heat oil, make pattie shaped rounds with moist palm.
 Let carefully into the hot oil.
 Fry first one side then the other till golden brown.
 Serve hot with green chutney, tamarind chutney, or ketchup

Making time: 20 minutes (excluding soaking time)
 Makes: 15 vadas (approx.)
 Shelflife: Best fresh

10. **Hot Kachori**

Ingredients

For cover:
 1 1/2 cup plain flour
 3 tbsp. oil
 salt to taste
 cold water to knead dough

 For filling:
 1 cup yellow moong dal washed and soaked for 1/2 hour
 1 tsp. garam masala
 1 tsp. red chilli powder
 1/2 tsp. dhania (coriander) powder
 1/2 tsp. coriander seeds crushed coarsely
 1/2 tsp. fennel (saunf) seeds crushed coarsely
 1/2 tsp. cumin seeds
 1/2 tsp. mustard seeds
 1 tbsp. coriander leaves finely chopped
 salt to taste
 2-3 pinches asafoetida
 1 tbsp. oil
 oil to deep fry
 1 tbsp. plain flour for patching

Method

For cover:
 Mix flour, salt and oil, knead into soft pliable dough.
 Keep aside for 30 minutes.

For filling:
 Put plenty of water to boil. Add dal.
 Boil dal for 5 minutes, drain.
 Cool a little. Heat oil in a heavy pan.
 Add all seeds whole and crushed allow to splutter.
 Add asafoetida, mix. Add all other ingredients.
 Mix well. Do not smash the dal fully.
 But enough to make the mixture hold well.
 Remove from fire, cool.
 Divide into 15 portions.

Shape into balls with greased palms.
 Keep aside.

To proceed:
 Make a paste with water, of flour for patching.
 Keep aside.
 Take a pingpong ball sized portion of dough.
 Knead into round. Roll into 4" diam. round.
 Place one ball of filling at centre.
 Pick up round and wrap ball into it like a pouch.
 Break off excess dough carefully.
 Do not allow cover to tear.
 Press the ball with palm, making it flattish and round.
 Repeat for 4-5 kachories.
 Deep fry in hot oil, on low flame only.
 If the kachori get a hole anywhere, apply some paste.
 Return to oil and finish frying.
 Turn and repeat for other side.
 Fry till golden and crisp. Small bubbles must appear over kachori.
 Drain and serve hot with green and tamarind chutneys.

Making time: 1 hour (excluding soaking and cooling times)
 Makes: 10-12 pieces
 Shelf life: 2-3 days

Note: Take care to fry on low. Hurried frying will result in soggy and oily kachories.

11. **Spicy Sev**

Ingredients

2 cups gram flour (besan)
 1/2 tsp. ajwain (omam) seeds
 1 1/2 tsp. red chilli powder
 1 tbsp. oil
 salt to taste
 2-3 pinches asafoetida
 water to make dough
 oil to deep fry

Method

- 1.Mix the chilli, oil, salt and seeds into the flour.
- 2.Add enough water to make a dough which is quite gooey.
- 3.It should not be pliable but sticky.
- 4.Grease the inside of a Sev-press, fill with the dough.
- 5.Press into hot oil, and fry lightly on both sides.
- 6.Drain well and cool before storing.

Variation:

You may adjust the chillies as per taste.

You may omit chillies to make bland sev.
 You may add finely crushed dried herbs (eg. mint) for add flavour.

Note: A sevpress is similar to a vermicelli press, but it should be small enough to handle over hot oil.

Making time: 15-20 minutes
 Makes: 250 grams approx.

12. **Pear and Mango Chutney**

Ingredients:

250 gms. raw firm mango
 250 gms. pears.
 500 gms. sugar
 2 tsp. salt
 1 tsp. red chilli powder
 1 tsp. garam masala
 1 tbsp. marshmelon (kharbooja) seeds.
 1 tbsp. raisins.
 2 cloves powdered
 8 each almonds and cashews chopped finely.

Method:

Peel and mash and pear.
 Put 1 tbsp. sugar in a heavy saucepan.
 Heat on a low flame, stirring and cooking till it turns brown.
 Add 500 ml. water and boil.
 When the sugar has fully dissolved in the water add remaining sugar.
 When it begins to boil again add the mashed fruit, cashew, raisins, seeds, chilli and salt.
 Boil till a thick jam consistency is obtained. Stir occasionally.
 Add the clove powder and garam masala.
 Cool a bit and transfer to clean airtight jar.

Making time: 1 hour
 Shelf life: 1 month
 Makes 1.5 kgs. chutney.

13. **Green All-Purpose Chutney**

Ingredients:

15 green chillies
 1/2 cup coriander
 1/2 lemon
 1 tbsp. sev or potato wafers crushed

1/2 tsp. jaggery
 salt to taste
 1 tsp. oil
 1 clovette garlic

Method:

Put all the ingredients , except oil and asafoetida , in a small mixie.
 Heat the oil and add the asafoetida and put in the mixie.
 Run the mixie till a smooth chutney is obtained.
 Try using no water or as little as possible to make the chutney keep longer.
 Add water as and when required.
 Store in a clean glass bottle.

Note: Sev is a fried Indian snack made of gramflour.

Makes 1/2 cup chutney
 Making time: 5 minutes
 Shelf life: 1 week (refrigerated)

14. **Sarson ka saag**

Ingredients

1 bunch sarson greens
 1 bunch spinach
 1 onion grated
 1/2 tsp. each ginger & garlic grated
 3 green chillies
 1 tbsp. grated cheese or paneer (optional)
 1/2 lemon juice
 salt to taste
 2 tbsp. ghee
 1 tbsp. oil
 1/2 tsp. garam masala
 1 tbsp. maize flour

Method

1.Chop both greens, wash, drain.
 2.Heat oil in the pressure cooker direct.
 3.Add both greens, green chillies, stir.
 4.Add ginger, garlic, stir.
 5.Add few pinches salt, 1 cup water.
 6.Pressure cook till done. (2 whistles).
 7.Mash well.
 8.Heat ghee in a pan, add onion, saute till brown,
 9.Add all other ingredients, except cheese.
 10.Stir well and cook till oil separates.
 11.Garnish with cheese.
 12.Serve hot with makki ki roti, or paratha.

Making time: 25 minutes (excluding pressure cooking time)
 Makes: 3-4 servings
 Shelflife: Best fresh

15. **Sweet Pongal**

Ingredients (for two people) :-
 Moong dhal - 1/2 cup.
 Rice - 1/2 cup.
 Milk
 Coconut
 cashew
 jaggery
 raisins (khish-mish - dry grapes)
 cardamom
 ghee.

Fry the moong dhal (before washing) till it becomes little light brown (it will start smelling). Then soak rice and dhal separately for 10 minutes. Thoroughly wash and keep it in cooker with the right water (lesser is o.k)and cook it seperately (in two different containers). Meanwhile cut coconut in very small pieces and fry in ghee. Fry cashew and raisins also separately. Break the jagerry and put in water (very little) and make a syrup. This is done because sometimes jagerry has mud and stones. After we make the syrup strain it through tea strainer. Put the rice and dhal in a big vessel and add milk (may be one cup) and cook it till all the milk gets absorbed. Add jaggery syrup and again cook till even it gets absorbed. Add three big table spoons of ghee, powdered cardamon and cook again for a while. Add fried coconut, cashews and raisins.

Serve hot in two cups with a spoon of ghee.

16. **Ulundu vada**

urad dhaal
 hari mirch
 salt

Soak dhaal in water over night. Grind dhaal in little water. Then make vada shape and deep fry in oil.

17. **Adai**

Rice - ½ cup
 urad dhaal - ¼ cup
 chana dhaal - ¼ cup
 thoor dhaal - ¼ cup
 yellow moong dhaal - ¼ cup
 red chillis

salt

Soak everything in water over night. Grind with little water.

18. Dhaal vada

urad dhaal -
 chana dhaal -
 red chillis -

Following is the thread test (tar) to check required consistency of syrup (chashni). If no thread is formed, but there is stickiness in the syrup when tested, then it is 3/4 tar (thread). This consistency is generally used in dipping sweets like, gulabjamoon, boondi, jalebi, imarti, etc. Boil some more and when 1 tar forms, it is used in soaking pancake pancakes like malpua. On further boiling two tars are obtained and this is used in sweets like burfis, mohanthal, etc. At this stage a drop of syrup dropped on a plate will form a soft ball when cooled. After this stage do no stir briskly and continuously or the sugar will recrystallise. Still further boiling will form 2 1/2 to 3 tars and this syrup is used to get a white coating of sugar on sweets like balushahi, surti ghari, etc. At this stage when the syrup is dropped in a plate it will form a hard ball when cooled. Following are the steps shown to make sugar syrup (chashni) in the right way.

- a.Take sugar and water in the ratio of 2 : 1 1/2 unless other wise mentioned.
- b.Put both in a deep saucepan to boil, stirring occasionally.
- c.When the mixture comes to a boil, add 1/2 cup milk.
- d.When a thick scum is formed on the surface of syrup, it is time to strain.
- e.Always use a metal strainer or moist cloth to strain the hot syrup, never plas tic.
- f.Put back to boil, checking the consistency required as above.
- g.Check frequently, because once the first thread forms, it proceeds to thicken to the next stages very quickly.
- h.Use as required in the recipe. Make syrup side by side of making the recipe, reheating the syrup too many times will alter the texture of the resulting sweet dish. To save time, prepare the syrup on a second burner, while making the rest of the recipe. This will avoid excess wastage of time and unnecessary cooling off, of the fried flours, etc. as the recipe demands.

19. Shrikhand

Ingredients
1/2 kg. curds 300 gms. sugar 1/2 tsp. cardamom powder few strands saffron 1/2 tbsp. pista & almond crushed
Method
Tie curd in a clean muslin cloth overnight. (6-7 hours). Take into a bowl, add sugar and mix. Keep aside for 25-30 minutes to allow sugar to dissolve. Rub saffron into 1 tbsp. milk till well broken and dissolved. Keep aside. Beat well till sugar has fully dissolved into curd. Pass through a big holed strong strainer, pressing with hand or spatula. Mix in cardamom powder and dissolved saffron and half nuts. Empty into a glass serving bowl, top with remaining nut crush. Chill for 1-2 hours before serving.

Making time: 20 minutes (excluding tieing and keeping time)
 Makes: 6-7 servings
 Shelflife: 3-4 days refrigerated

Variations: To make fruit flavoured shrikhand eg. mango, add pulp at the stage of adding cardamom and saffron.

20. Puranpoli

Ingredients

300gms. channa (yellowgram) dal
 300 gms. jaggery (molasses)
 1 tsp. cardamom powder
 150 gms. plain flour
 1 tbsp. ghee
 warm water to knead dough
 ghee to serve

Method

Boil dal in plenty of water till soft but not broken.
 Drain in a colander for 10-15 minutes.
 Pass through an almond grater little by little till all dal is grated.
 Mash jaggery till lumps break. Mix well into dal.
 Put mixture in a heavy saucepan and cook till a soft lump is formed
 Take care to stir continuously, so as not to charr. Keep aside.
 Mix ghee, flour, add enough water to make a soft pliable dough.
 Take a morsel sized ball of dough, roll into a 4" round.
 Place same sized ball of filling in centre, life all round and seal.
 Reroll carefully to a 6" diameter round.
 Roast on warm griddle till golden brown.
 Repeat other side.
 Take on serving plate. Apply a tsp. of ghee all over top.
 OR
 Shallow fry on griddle like a paratha for a better flavour.
 But this method will consume more ghee and therefore calories.
 Serve hot with dal or amti.

Note: The water drained from boiling dal is used to make the amti. (a thin curry made using black masala, garam masala and some mashed dal.)

Making time: 45 minutes
 Makes: 7-8 puranpolis
 Shelflife: Best fresh (puran {filling} may be stored in the refrigerator for a week.

21. Patisa (Soan Papdi)

Ingredients	
1 1/4 cup gramflour	
1 1/4 cup plain flour (maida)	
250 gms. ghee	
2 1/2 cups sugar	
1 1/2 cup water	
2 tbsp. milk	
1/2 tsp. cardamom seeds crushed coarsely	
2 tsp. charmagaz (combination of 4 types of seeds) refer glossary	
4" squares cut from a thin polythene sheet	
Method	
Sift both flours together.	
Heat ghee in a heavy saucepan.	
Add flour mixture and roast on low till light golden.	
Keep aside to cool a little, stirring occasionally.	
Prepare syrup simultaneously.	
Make syrup out of sugar, water and milk as shown in introduction.	
Bring syrup to 2 1/2 thread consistency.	
Pour at once into the flour mixture.	
Beat well with a large fork till the mixture forms threadlike flakes.	
Pour onto a greased surface or thali and roll to 1" thickness lightly.	
Sprinkle the charmagaz seeds and elaichi and gently press down with palm.	
Cool, cut into 1" squares, wrap individually into square pieces of thin plastic sheet.	
Store in airtight container.	
Making time: 45 minutes	
Makes: 20 pieces (approx.)	
Shelflife: 2 weeks	

22. Coconut Burfi

Ingredients	
250 gms. finely grated coconut	
250 gms. sugar	
150 ml. water	
ghee for greasing plate	
Method	
1.Prepare syrup with sugar and water to 2 1/2 thread consistency.	
Use method as shown in introduction.	
2.Warm coconut in heavy saucepan, pour in the syrup.	
3.Stir well and cook till soft lump forms.	
4.Spread in a greased plate. Cool.	

- Sprinkle cardamom powder (optional).
- Cut into squares, store in airtight container.

Making time: 30 minutes
 Makes: 20-25 pieces
 Shelflife: 2 weeks

23. **Imarti**

Ingredients

2 cups urad dal
 3 cups sugar
 300 ml. water
 saffron colour
 1/2 tsp. cardomom ground
 500 gms. ghee to fry

Method

- Soak urad dal overnight in plenty of water.
- Wash and drain. Grind to fine thick batter. Put water little by little.
- Add colour and mix very well.
- If using a mixie, beat the dal well by hand till fluffy after grinding.
- Keep aside for 3 hours. More is weather is cold.
- Make 1 tar sugar syrup as shown in introduction.
- Add cardomom powder to syrup.
- Using either an imarti bottle (with nozzle) or cloth as shown in note, form imartis in the hot ghee. Lower flame and allow to crisp turning once.
- Remove from ghee, drain and dip in hot syrup.
- Soak for 3-4 minutes, drain and serve.
- Repeat for remaining batter.
- Make 4-5 imartis at a time, depending on size of frying pan.

Note:

Use a flat bottomed frying pan.
 The imarti bottle can be substituted with a soft plastic sauce bottle with a nozzle.
 If not available, take a 12"x 12" thick cloth, make a buttonhole type hole in centre.
 Place over a tumbler and pour in some batter.
 Hold like a pouch and press out imartis like icing.
 Shape the imartis as follows, make a ring first, then form small ringlets all along the ring.
 Till you come to the start.

Making time: 1 hour (excluding soaking and keeping time)
 Makes: 20 imartis
 Shelflife: (1) Keep unsoaked in syrup for a day. (2) Soak in syrup as required.

24. Kaju Barfi

150 gm cashewnuts
400 gm sugar
elaichi powdered
silver foil (optional)
500 gm khoya

Method

Dry grind the cashew
Mix khoya (grated) and sugar
Heat in a heavy pan, stirring continuously.
Once the sugar dissolves, add the cashew (powdered) and elaichi
Cooking, constantly stir till soft lump is formed and does not stick to sides
Roll on a flat surface to desired thickness and apply silver foil.

25. Khajur Burfi or Rolls

1 tin condensed milk
1 kg khajur deseeded (dates)
250 gm mixed dryfruits (badam, cashew, pista)
1/2 cup dessicated dry coconut

Method

Break up khajur coarsely
Add milkmaid and dryfruit all in a heavy, non-stick pan.
Cook on slow flame, stirring continuously.
Do not allow to stick to bottom.
It takes a while to cook
Stir gently till a soft lump forms.
Spread some of the coconut on a butter paper sheet.
Grease hands and take a chunk of the mixture and roll into a thick roll, on the sheet, all the coconut to cover it.
Chill the rolls in the fridge
Cut into slices
Or set in a tray and cut into squares.

26. Kalakand (Milk Burfi)

2 litres milk
1/2 to 3/4 cup sugar
chopped nuts to decorate (pista, almonds)
silver foil (optional)
1/2 tsp citric acid dissolved in 1/2 cup water.

Method

Boil half the milk and add the citric solution as it comes to boil

Switch off gas. Once the chenna settles sieve through muslin cloth, press out excess water, take in a plate and press down.

Do not knead.

Put the remaining milk in a heavy pan and boil to half.

Add the chenna and boil till the mixture thickens, stirring continuously.

Add the sugar and continue to cook, stirring all the while till softly thickens in a lump.

Set in a tray, apply silver foil and sprinkle the chopped nuts.

27. Badam ka seera

1 1/2 cup almonds soaked overnight

3 cups hot milk

250 gm ghee

1/2 to 1/3 cup sugar

Method

Peel the almonds, wash and grind to fine paste.

Heat ghee in a heavy pan.

Add paste and cook on first high then slow flame, stirring continuously.

After a while it should turn a light brown and aromatic.

Carefully pour hot milk and stir.

Use a long-handled spatula as the mixture tends to splatter.

When thickens, add the sugar and cook, stirring continuously and gently till ghee begins to separate.

Decorate with chopped nuts and serve hot.

28. Carrot Halwa

1 kg juicy orange carrots

1 1/2 litre milk

400-500 gm sugar

elaichi powder (cardomon)

saffron few flakes

few drops orange colour (optional)

1 tbsp ghee

Method

Peel and grate carrots

Put milk and carrots in a heavy saucepan. Boil till thick, stirring occasionally. Once it starts thickening, stir continuously. Add sugar and cook

further till thickens. Add ghee, elaichi, saffron and colour. Stir on low heat till the mixture collects in a soft ball or the ghee oozes out. Serve

hot, decorated with a chopped almond or pista.

29. Doodhi Halwa

1 kg doodhi
1 1/2 litre milk
400-500 gm sugar
elaichi powder (cardomon)
saffron few flakes
1 tbsp ghee

Method

Peel and grate Dudhi
Put milk and dudhi in a heavy saucepan. Boil till thick, stirring occassionally. Once it starts thickening, stir continuously. Add sugar and cook further till thickens. Add ghee, elaichi, saffron and colour. Stir on low heat till the mixture collects in a soft ball or the ghee oozes out. Serve hot, decorated with a chopped almond or pista.

30. Chickoo Halwa

6 chickoos
1/2 tea cup milk
1/4 - 1/3 cup sugar
150 gms khoya or milk powder made paste.
2 - 3 drops cochineal (essence)
1 tbsp ghee

Method

Peel and mash chickoos or blend.
Add milk and boil in heavy saucepan.
When slightly thick add khoya and cook, stirring continuously.
Add sugar and ghee. Cook on low turning continuously till ghee oozes.
Garnish with almond or walnut in centre of the halwa.

31. Dal ka seera

500 gm Moong dal (green)
500 gm sugar
500 gm ghee
saffron soaked in a little milk

elaichi powder
water about 250 ml.

Method

Soak the dal for 5-6 hours.
Wash and remove the skins well.
Grind dal fine either in a stone grinder or electric grinder or mixie.
Use as little water as possible.
Put sugar and water in a pan and put to boil.
Once sugar dissolve add a few tblsp. of milk.
As the syrup boils the scum will rise.
Remove with a strain.
Further boil till the syrup become sticky between the fingers.
(One thread should fall when poured from a tilted spoon) keep aside.
Heat the ghee in a heavy kadai (vessel) and add dal.
Keep stirring rigorously to avoid burning.
Once the dal stops sticking to the vessel, stir gradually till golden brown, and ghee begins to separate.
Pour the hot syrup, add elaichi and dissolved saffron.
Stir very carefully, not allowing hand to be scalded. Cook slowly till all water is absorbed.
Decorate with chopped dry fruit.
Serve hot especially on a cold day.

32. Atte ka seera

2 tbsp. wheat flour
2 1/2 tbsp. ghee
3/4 to 1 cup sugar or molasses (jaggery)
elaichi powder
chopped pista and almonds

Method

Add flour and roast on slow fire, stirring continuously
Side by side add to sugar 2 1/2 cups water and keep to boil
When the atta becomes a golden brown, add the boiling sweet water
Stir gently and continuously till excess water evaporates and the ghee separates.
Decorate with chopped nuts

33. Beetroot Halwa

1 kg beetroot
1 1/2 litre milk
400-500 gm sugar
elaichi powder (cardomon)
saffron few flakes
1 tbsp ghee

Press out the excess water and remove in a wide plate.
 Gently knead into a soft dough by passing between fingers.
 Make twelve equal sized balls of the dough.
 Let them into the boiling water. Cover with a perforated lid. Boil for 13 to 15 minutes.
 Take off from heat and cool them to room temperature.
 Add essence and chill for at least 4 to 5 hours.

Serves: 6 helpings
 Time required: 1/2 hour.

36. **Pedhas**

INGREDIENTS

500 gms. khoya (mawa)
 300 gms. sugar
 3 drops colour as required
 8 to 10 pistas sliced
 1/2 tsp. cardamom powder
 cookie mould

Method:

Grate khoya . Powder sugar . Mix together in a skillet .
 Heat on low flame , stiring continously .
 Cook till mixture thickens . It should form a very soft lump .
 Cool for 10 minutes . Add cardamom powder & colour . Mix well .
 Take a small fistful of mixture . Form a ball . Press into the cookie mould .
 Turn out carefully . Press 2-3 slices of pista on the centre .
 Repeat for remaining mixture .

Note on khoya.
 Khoya is available in most Indian sweetmeat stores anywhere.
 Making at home consumes time but isn't that difficult.
 Boil milk on high flame in a large heavy saucepan till water evaporates ,
 leaving a soft lump. Stir frequently while cooking.
 OR Substitute with 1 tin (400 gms.) condensed milk and 1 cup milk.
 Lessen sugar by 1/2. Boil till a soft lump is formed. Stir continuously while cooking.

Serves: 36 pieces
 Time required: 1/2 hr.
 Shelf Life: 15 days (refrigerated)

37. **Mava Burfi**

Ingredients:

500 gms khoya
 300 gms. powdered sugar
 1 tsp. cardamom powder

2 sheets silver foil (edible)

Method:

Mash khoya . Mix in tne sugar. Put into a heavy saucepan.
Cook on slow flame, stirring continuously.
Cook till the mixture is a very soft lump.*

Place on a working board and roll with a rolling pin to 1/2 inch thickness.
Cool a little. Spread on the working board silver foil carefully and evenly.
Make incisions with knife to cut in the desired size and shape.
Note: Burfi is usually cut into 1 1/2 inch squares.

Variation:

To make chocolate mava burfi: Follow till * as above. Divide the mixture in two parts 1/3 and 2/3
In the smaller part mix 1 tablespoon cocoa powder and 1/2 tsp. chocolate colour.
Roll both parts separately. Place the chocolate on the mava layer. Roll lightly.
Continue as for mavaburfee.

Serves: 25 helpings
Time required:1/2 hr.
Shelf life: 10 days

38. **Malai Ladoo**

Ingredients

1/2 cup condensed milk
250 gms. paneer (cottage cheese)
2-3 drops kewra essence
1/4 tsp. yellow colour

Method

- 1.Mash paneer.
- 2.Add condensed milk and cook on slow flame, stirring continously.
- 3.Cook till thick and sides leave.
- 4.Add essence and remove from flame.
- 5.Mix well.
- 6.Pour on plate.
- 7.Cool. Make ladoos.
- 8.Sprinkle powdered elaichi and decorate.

39. **Gulab Jamoon**

Ingredients

500 gms. khoya
125 gms. plain flour